

## **Commodity Supplemental Food Program State Plan FFY 2005**

### **INTRODUCTION:**

The Missouri Department of Health and Senior Services, Division of Community Health, Section for Community Health, Community Food and Nutrition Assistance is submitting the required information to amend the State Plan to administer the Commodity Supplemental Food Program (CSFP) in Missouri for federal fiscal year 2005. The program operations remain substantially unchanged from previously submitted plans. Goals and objectives for the coming year and plans for program expansion are provided as well as the current list of local agencies and distribution sites. In the fall of 2004, the Department will conduct a Food Program Survey to facilitate establishing a statewide systematic process to assess client needs and to assess the effectiveness of nutrition education provided.

### **GOALS AND OBJECTIVES FOR FEDERAL FISCAL YEAR 2005:**

Goal 1 – FFY 05: Provide continuing resources, training and support to assure effective and efficient operations of the CSFP in Missouri.

Strategies:

1. By May 30, 2005, convene a statewide CSFP conference to highlight information gleaned from the National CSFP conference and updates to policies and procedures.
2. Provide ongoing monitoring and oversight of CSFP contractors and their administrative claims.

Goal 2 – FFY 05: Improve the nutritional health status of women, infants, children and older adults participating in the CSFP.

Strategies:

1. By November 30, 2004, conduct the Food Program Survey at randomly selected sites in areas served by the St. Louis Area FoodBank and the Bootheel Food Bank.
2. By March 31, 2005, analyze and summarize the results of the Food Program Survey.
3. By June 30, 2005, propose a statewide systematic process to assess client needs and the effectiveness of nutrition education provided.
4. Collaborate with Healthy Communities Nutrition Education Initiative counties, Local Public Health Agencies, Area Agencies on Aging, University of Missouri Extension and other organizations to provide hands-on nutrition education to CSFP participants.
5. Enhance the quality of nutrition education provided to CSFP participants on an on-going basis.

## **PLANS FOR PROGRAM EXPANSION:**

MDHSS is requesting total caseload authorization of 15,000 for the calendar year 2005. Additional caseload authorization of 5,000 cases per month is requested to serve elderly persons. Missouri will qualify to request additional caseload because the average distribution for October 2003 through May 2004 has been 10,537 and will continue between 9,000 and 10,000 for the remaining months. The chart at [attachment 1](#) provides details including local agency requests and elderly statistics.

The Missouri Department of Health and Senior Services is not requesting caseload for women, infants or children because the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is able to serve all applicants. However, eligible women, infants or children who apply for CSFP are served or placed on waiting lists in accordance with the regulation. Currently this equals 72 individuals statewide.

## **CHANGES IN PROGRAM OPERATION:**

Local Agencies and Distribution and Certification Sites are listed in [attachment 2](#). Site lists are also available, by county, at [http://www.dhss.mo.gov/csfp/sites\\_csfp.htm](http://www.dhss.mo.gov/csfp/sites_csfp.htm). Senior facilities that only serve their residents are not listed on the World Wide Web.

Community Food and Nutrition Assistance (CFNA) has developed a survey for the Commodity Supplemental Food Program designed to evaluate current nutrition education efforts and the population being served. The survey protocol has been granted exemption by the MDHSS Internal Review Board and will be administered during the fall of 2004. The results of this survey will be used to develop a statewide systematic process to assess client needs and effectiveness of nutrition education provided. This survey will provide a means of participant input and process data regarding nutrition knowledge, food security and other limitations experienced by participants so that the program can be tailored to meet their needs.

The survey instrument ([attachment 3](#)) is a questionnaire that has been evaluated at a fifth grade reading level. Food security questions were derived from the Harvard Women's Nutrition Questionnaires and other items such as fruit and vegetable consumption and weight, from CDC Youth Behavioral Risk Factor Survey or YBRFSS. Descriptive questions are per standard DHSS surveys. Constructs include participant's perceptions of handouts they currently receive with the food boxes, what types of information or classes they would like, any physical plant limitations such as water, electricity, food security, nutrition knowledge, and fruit/vegetable consumption on a 5-point Likert scale.

The specific objectives are to:

- I. Describe the population currently served by the CSFP program by age, gender, race;
- II. Allow the participant input into the program in a systematic and scientific way;
- III. Determine whether contents of food packages can be prepared and utilized by the participants;

- IV. Determine whether there are patterns of physical limitations such as running water, electricity, cooking equipment, refrigerator space;
- V. Determine whether the participants respond with more food security consequent to receiving the supplemental commodity foods;
- VI. Determine fruit and vegetable consumption, and focus on methods to increase this as part of a statewide 5-Aday intervention initiative;
- VII. Characterize the population by self-report as to weight status; and
- VIII. Describe those individuals who refuse to participate in order to re-frame questions and procedures to include as many people as possible.

### **PROPOSED BUDGET:**

MDHSS has prepared the proposed budget for FFY 05 ([attachment 4](#)) based on the current per caseload rate of \$52.64. The administrative budget request totals \$52,606. While this amount is greater than those allowed under the formula in 7 CFR 247.10(b)(5), it is less than 10% of the total statewide funding.

The Missouri Department of Health and Senior Services requires these funds to provide financial management, commodity control, participant reporting, technical assistance, and contractor monitoring. The remaining funds will be distributed to the local agencies. The amount retained does not impose undue hardship on the local agencies.

In order to establish contracts with local agencies prior to October 1, 2004, amounts are based on the current per caseload rate of \$52.64. Amendments will be processed at a later date to adjust contracts to the per caseload rate established for FFY 2005 as well as to adjust caseload if the requested increase is approved.

[Attachment 1](#) Request for Increase to Caseload Authorization

[Attachment 2](#) Local Agencies and Distribution/Certification Sites

[Attachment 3](#) Food Program Survey

[Attachment 4](#) Proposed Budget for Federal Fiscal Year 2005

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**Missouri Department of Health and Senior Services  
Commodity Supplemental Food Program  
Request for Increase to Caseload Authorization**

	1990 census Age 60 & up @ 130% of poverty or <	2000 census Age 65 & up @ 129% of poverty or <	Current Caseload Authorization	Average Caseload Oct 03 thru May 04	Individuals on waiting lists	LAs requested	State Request
SLAFB	33,971	34,397	4,500	4,792	700	6,500	6,500
Bootheel Food Bank	16,558	13,660	2,500	2,773	950	3,000	3,300
Harvesters	18,817	17,758	1,500	1,494	1,175	3,769	3,500
Ozark Food Harvest	17,756	27,570	500	525	178	600	600
Central Missouri Food Bank	15,786	14,488	600	558	280	600	600
America's Second Harvest of Greater St. Joseph	7,576	6,506	400	395	43	500	500
Statewide	110,464	114,379	10,000	10,537	3,326	14,969	15,000

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## LOCAL AGENCIES & DISTRIBUTION/CERTIFICATION SITES

### Attachment 2 Page 1

America's Second Harvest of Greater St. Joseph

915 Douglas

St. Joseph, MO 64505

Caseload assignment: 400

Certification and distribution site serving Andrew and Buchanan Counties:

Harvest House Pantry	915 Douglas	St. Joseph, MO	64505
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Distribution sites restricted to residents only:

Chilton Plance	415 North 10th	St. Joseph, MO	64506
East Ridge Apartments	1501 Village Drive	St. Joseph, MO	64506
King Hill Apartments	6010 King Hill Ave.	St. Joseph, MO	64504
St. Francis Apartments	1601 South 38th Street	St. Joseph, MO	64507
Village East Towers	1218 Village Drive	St. Joseph, MO	64506
Wesley Towers	1002 Francis	St. Joseph, MO	64501

Bootheel Food Bank

PO Box 809

Sikeston, MO 63801

Caseload assignment: 2500

Certification and distribution sites:

Marble Hill Food Pantry	305 W Main	Marble Hill, MO	63764
United Gospel Rescue Mission	421 W Pine St	Poplar Bluff, MO	63901
Christ Church of the Heartland	720 Bertling	Cape Girardeau, MO	63701
Family Resource Center (FRC)	1202 S Sprigg St	Cape Girardeau, MO	63703
Jackson Revival Center	914 Old Cape Rd	Jackson, MO	63755
Malden Church Of God	1601 N Douglas	Malden, MO	63863
Caring Communities	1200 Plant Rd	Charleston, MO	63834
Delmo Housing Authority	907 State St	Lilbourn, MO	63862
Pemiscot Progressive Industries	705 W Washington	Hayti, MO	63851
Lean On Me	Trinity Luthern Church, Old Hwy 160	Doniphan, MO	63935
Chaffee Assembly of God	3rd & Helen	Chaffee, MO	63740
Smith Ave Church of God	420 Smith St	Sikeston, MO	63801
Stoddard Co Gospel Mission	207 N One Mile Rd	Dexter, MO	63841
Lake Wappapello Methodist	Highway D, 3 miles north of dam	Wappapello, MO	63699
Piedmont First Church of The Nazarene	108 Elm St	Piedmont, MO	63957

## LOCAL AGENCIES & DISTRIBUTION/CERTIFICATION SITES

### Attachment 2 Page 2

Bootheel Food Bank Certification and distribution sites (continued):

Central Missouri Food Bank

2101 Vandiver Dr., Souit B

Columbia, MO 65202-1910

Caseload assignment: 600

Certification and distribution sites:

Mexico Senior Center	606 Park St.	Mexico, MO	65265
Oakland Sr.	2705 E. Basnet	Ashland MO 65010	65010
Central Missouri Food Bank Pantry	1408 Indiana	Columbia MO	65203
7th Day Adventist	320 W. Hwy 22	Centralia MO	65284
Fulton Senior Center	350 Sycamore	Fulton, MO	65251
Salisbury Senior Center	304 S. Broadway	Salisbury, MO	65281
Heartland Resources	Hwy 6 & W. Bryant	Ewing MO	63440
Linn County Senior Center	143 Clauson Rd.	Brookfield, MO	64628
Vienna Senior Center	PO Box 370	Vienna, MO	65582
Paris Senior Pantry	112 East Marion	Paris, MO	65275
West Central MO CAA	18520 South 2nd St	Versailles, MO	65084
Grace Fellowship	1390 S. Bishop	Rolla MO	65401
Putnam Senior Center	116 South 17th	Unionville, MO	63565
Slater Senior Center	123 Main St.	Slater, MO	65349

Harvesters – The Community Food Network

1811 North Topping

Kansas City, MO 64120-1258

Caseload assignment: 1500

Certification and distribution sites:

Fishes and Loaves Food Pantry	1315 E. Walnut	Raymore, MO	64083
City on a Hill	7795 SE Scott Rd.	Holt, MO	64048
The Samaritan Center	209 S. Center Street	Clinton, MO	64735
Blue Summit Baptist Church	1700 Bryan	Kansas City, MO	64126
Don Bosco	520 Garfield	Kansas City, MO	64124
Living Bread Ministries	301 E. AA Hwy	Blue Springs, MO	64014
St James	3934 Troost	Kansas City, MO	64110
Southern Platte Emergency Assistance Coalition	819 Main St.	Parkville, MO	64152
First Baptist Church of Butler	507 B South Orange Street	Butler, MO	64730

## LOCAL AGENCIES & DISTRIBUTION/CERTIFICATION SITES

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Harvesters certification and distribution sites open to residents only:

Brush Creek Tennants Assoc	1800 Brush Creek Blvd.#211	Kansas City, MO	64130
Nowlin Hall	1905 Hardesty	Kansas City, MO	64127
Victory Arms	6311 Woodland	Kansas City, MO	64131

Ozarks Food Harvest  
615 North Glenstone  
Springfield, MO 65802-2115  
Caseload assignment: 500  
Certification and distribution sites:

Shepherd's Nook Food Pantry	509 N. Main	Salem, MO	65560
Bolivar Ministerial Alliance	1877 W. Broadway	Bolivar, MO	65649
Texas County Food Pantry	102-A E. Highway 17	Houston, MO	65483

St. Louis Area FoodBank  
1451 Page Industrial Blvd  
St. Louis, MO 63132  
Caseload assignment: 4500  
Certification and distribution sites open to residents only:

AHEPA 53	3607 Lemay Ferry	St. Louis, MO	63125
Alexian Court	2636 Chippewa	St. Louis, MO	63118
Alpha Terracce	6105 Etzel	St. Louis, MO	63133
Bavarian Towers	4635 Ridgewood	St. Louis, MO	63116
Bevo Towers	4627 Ridgewood	St. Louis, MO	63116
Blumeyer Apts ( Dr. MLK)	3310 Martin Luther King	St. Louis, MO	63106
Carr Square	1629 Biddle / 1521 Carr	St. Louis, MO	63106
Cochran	1112 N 9th	St. Louis, MO	63106
Council Towers	310 S Grand	St. Louis, MO	63103
Dunn Rd Manor	3399 Dunn Rd	St. Louis, MO	63033
Eads Square Apts	2700 Henrietta	St. Louis, MO	63104
Friendly Village	5545 Wells	St. Louis, MO	63112
Gillespie Apts	4628 Labadie	St. Louis, MO	63113
Greater Bethlehem	3969 Washington	St. Louis, MO	63108
Halls Ferry Manor	8725 Halls Ferry Rd	St. Louis, MO	63147
HDC Retirement Apts	6046 Delmar	St. Louis, MO	63112
Hylton Pointe Apartments	5500 Maple Ave	St. Louis, MO	63112
Hylton Pointe II	933 Belt	St. Louis, MO	63112

**LOCAL AGENCIES & DISTRIBUTION/CERTIFICATION SITES****Attachment 2 Page 4**

St. Louis Area FoodBank certification and distribution sites open to residents only  
(continued):

Jackson Park	1220 Warren	St. Louis, MO	63106
James House	4310 St. Ferdinand	St. Louis, MO	63113
JVL Apartments	2829 Howard	St. Louis, MO	63106
JVL Apartments II	2801 Dr. Martin Luther King	St. Louis, MO	63106
Kirkwood Sen. Center/Meachem Park	385 So Taylor 1150 Milwaukee	St. Louis, MO	63122
Lency Hayes Inc. Booth	3131 Iowa	St. Louis, MO	63118
Les Chouteau	1330 Chouteau	St. Louis, MO	63104
Maryville Gardens	4333 Nebraska	St. Louis, MO	63116
Maryville Gardens II	4333 Nebraska	St. Louis, MO	63116
Mercy Seat	4452 Washington	St. Louis, MO	63108
Metro Village Apts	3114 Franklin Ave	St. Louis, MO	63106
Mt. Zion Apts	3300 Park	St. Louis, MO	63104
Murphy Blair	1735 N 13th	St. Louis, MO	63106
Ochs	630 Trinity	St. Louis, MO	63130
Ollie S Langhorst	5800 Arsenal	St. Louis, MO	63139
Parkview Apartments	701 Westgate	St. Louis, MO	63130
Pope John Paul	6325 Waterways Dr.	St. Louis, MO	63033
Rose Hill	225 W. Rosehill	St. Louis, MO	63122
San Luis	4483 Lindell	St. Louis, MO	63108
Santa Anna	3737 Ashby	St. Louis, MO	63074
Santa Maria	12565 Santa Maria	St. Louis, MO	63042
St. Agnes	2840 Wisconsin	St. Louis, MO	63118
St. Andrews	9600 Halls Ferry	St. Louis, MO	63136
St. John Neuman	8424 Lucas&Hunt Rd	St. Louis, MO	63136
St. Joseph/Holy Infant	7677 Watson	St. Louis, MO	63119
St. Louis Villiage	9516 Weyburn	St. Louis, MO	63136
St. Patricks I	583 Bluff Parks dr.	St. Louis, MO	63301
St. Raymonds	1015 Park Ave	St. Louis, MO	63104
St.Luke's Plaza	5602 Enright	St. Louis, MO	63112
William Clay Sen. Center	5623 Clemen Ave	St. Louis, MO	63112
Winter Gardens	5708 Kingsbury Pl	St. Louis, MO	63112



**LOCAL AGENCIES & DISTRIBUTION/CERTIFICATION SITES****Attachment 2 Page 5**

St. Louis Area FoodBank certification and distribution sites open to public:

AGAPE SDA	6501 Bartmer	St. Louis, MO	63130
Badenfest Senior Center	8122 N Broadway	St. Louis, MO	63147
Bible Way	7800 Groby	St. Louis, MO	63130
Brothers Keeper	3452 Potomac	St. Louis, MO	63118
Circle of Light	1308 Veronica	St. Louis, MO	63147
Clayton Missionary Baptist Church	2801 Union Blvd	St. Louis, MO	63115
Community Involvement Assoc	4109 Enright Apt 108	St. Louis, MO	63108
Community Involvement Assoc	1444 Goodfellow	St. Louis, MO	63112
Compton Heights Baptist	3644 Castleman	St. Louis, MO	63110
Ebenezer Pantry	6234 Evergreen	St. Louis, MO	63134
Family Food Pantry	4601 Morganford	St. Louis, MO	63116
Florissant Senior Center	955 Rue St. Francois	St. Louis, MO	63031
Freidens Chapel	1060 Chambers Rd	St. Louis, MO	63137
Gods Great Faith Ministries	3442 Ohio 1st floor 1A	St. Louis, MO	63118
Grace Hill /Patch Neighborhood	7925 Minnesota	St. Louis, MO	63111
Grand Oaks Sen. Center	4168 Juniata	St. Louis, MO	63116
Greater St. Luke Missionary Baptist	8011 N Broadway	St. Louis, MO	63147
HDC Northside	4548 Dr. Martin Luther King	St. Louis, MO	63113
HDC Southside	7714 South Broadway	St. Louis, MO	63111
Jewish Family	10590 Schuetz Rd	St. Louis, MO	63146
Kinghighway United Methodist	900 Bellrive	St. Louis, MO	63111
LaSalle Baptist	1133 Park Ave	St. Louis, MO	63104
Love and Mercy Ministries	206 Emerling	St. Louis, MO	63121
Metro Homeless Center	1040 So Taylor	St. Louis, MO	63110
Midtown Catholic	1202 Boyle	St. Louis, MO	63110
Mt Nebo	4981 Theodore	St. Louis, MO	63115
Mt. Zion Church	1444 Compton	St. Louis, MO	63104
New Jerusalem Halls Ferry	9600 Halls Ferry	St. Louis, MO	63147
Oak Grove Baptist	3040 Hickory	St. Louis, MO	63104
Our Lady of Perpetual Help	4335 Warne	St. Louis, MO	63107
Rock Of Ages	3067 Dr. M.L. King	St. Louis, MO	63106
Someone Cares Min	2718 North 13th	St. Louis, MO	63107

## LOCAL AGENCIES & DISTRIBUTION/CERTIFICATION SITES

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St. Louis Area FoodBank certification and distribution sites open to public (continued):

St. Augustine Wellston	1705 Kienlen PO Bo 11969	St. Louis, MO	63133
St. Louis Adventist Comm.	3223 Woodson	St. Louis, MO	63114
St. Louis Bibleway	6719 Page	St. Louis, MO	63133
St. Louis Park Church	2629 Rauschenbach	St. Louis, MO	63106
St. Matthew's Lutheran	5402 Wren	St. Louis, MO	63120
St. Pius	3310 So Grand	St. Louis, MO	63118
St. Rita's	8240 Washington	St. Louis, MO	63114
St. Trinity Lutheran	517 Koeln	St. Louis, MO	63111
Sts. Teresa and Bridget	3636 N. Market	St. Louis, MO	63113
Trinity Christian Fellowship	2906 Magnolia	St. Louis, MO	63118
Union West	5890 Ridge Ave PO Box 20309	St. Louis, MO	63112
Urban League	8960 Jennings Sta.Rd	St. Louis, MO	63136
Wayman AME	5010 Cabanne	St. Louis, MO	63113
Webs. GR Douglas Manor	546 Elm	St. Louis, MO	63119
Webster Rock Hill Ministries	111 Waymire Ave	St. Louis, MO	63119
West Page Salvation Army	10740 W Page Ave	St. Louis, MO	63132

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# Food Program Survey

We are using this survey to improve the Missouri Commodity Supplemental Food Program. Your answers will be kept strictly confidential and will not affect your benefits.

Age: \_\_\_\_\_ Sex: ☐ Male ☐ Female Zip Code (Home address): \_ \_ \_ \_ \_






Ethnicity: ☐ Hispanic or Latino ☐ Not Hispanic or Latino

Race: (Please mark one or more)

☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American






☐ Native Hawaiian or Other Pacific Islander ☐ White

Please check mark the column that indicates how you feel about the items below.

	Strongly Agree <sub>1</sub> 	Agree <sub>2</sub> 	Neutral <sub>3</sub> 	Disagree <sub>4</sub> 	Strongly Disagree <sub>5</sub> 
1. I would like to know more about good nutrition and healthy eating.					
2. I need to know how to prepare the food in my monthly food box.					
3. The handouts I receive with my monthly food boxes are easy to read and understand.					
4. The handouts I receive with my monthly food boxes help me eat right.					
5. The handouts I receive with my monthly food boxes help me use all the food provided.					
6. I would attend a class on nutrition or cooking.					
7. I have problems with lack of running water.					
8. I have problems with lack of electricity.					
9. I have limited cooking equipment.					

**PLEASE TURN OVER**

Please check mark the column that indicates how you feel about the items below.

	Strongly Agree <sub>1</sub> 	Agree <sub>2</sub> 	Neutral <sub>3</sub> 	Disagree <sub>4</sub> 	Strongly Disagree <sub>5</sub> 
10. I have limited refrigerator space.					
11. In the last 12 months I have worried about having enough money to buy food.					
12. In the last 12 months I cut the size of meals or skipped meals due to lack of money for food.					
13. I can buy fresh fruits and vegetables any time of the year.					
14. Eating a good diet can help keep me healthy.					
15. For good health I should eat at least 5 servings of vegetables and fruits every day.					
16. For good health I should eat at least 2-3 servings of meat or protein every day.					
<p>17. Check the number of servings of vegetables and fruits you eat each day. <input type="checkbox"/><sub>1</sub> 1-2  <input type="checkbox"/><sub>2</sub> 3-4  <input type="checkbox"/><sub>3</sub> 5 +  <input type="checkbox"/><sub>4</sub> 0  <input type="checkbox"/><sub>5</sub> Don't Know/Unsure</p> <p>18. How do you describe your weight? <input type="checkbox"/><sub>1</sub> Very underweight  <input type="checkbox"/><sub>2</sub> Slightly underweight  Current weight: _____ <input type="checkbox"/><sub>3</sub> About the right weight  <input type="checkbox"/><sub>4</sub> Slightly overweight  Current Height: _____ <input type="checkbox"/><sub>5</sub> Very overweight</p> <p>19. Would you like to receive other information with your food boxes?</p> <p>20. Do you have comments or concerns about the program in general?</p>					

**THANKS FOR YOUR HELP**

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**Commodity Supplemental Food Program  
Federal Fiscal-Year 2005  
Budget - On-going Administration**

		SFY 2005 Oct-Jun	SFY 2006 Jul-Sep	
<b>Salaries</b>				
Program Manager	0.5 FTE	3,563	3,663	21,528
Nutritionist	0.1 FTE	3,274	3,374	3,959
				<b>25,487</b>
Fringe Benefits	38.24%			9,746
				<b>35,233</b>
Indirect	31.30%			11,028
Total Salaries, Fringe and Indirect				<b>46,261</b>

**Equipment and Expense**

Travel	In-state monitoring	2,000	
	National CSFP Conference, Los Angeles, CA		
	Airline	800	
	Hotel	500	
	Meals	200	
	Mileage	100	
	Registration	300	
	Misc.	200	2,100
Printing		800	
Network	0.6 FTE	1,200	
Supplies		245	
			6,345
<b>Total Administrative</b>			<b>52,606</b>

		Contracts	Caseload		Cumulative
		St. Louis Area Foodbank	4500	213,207	213,207
		Bootheel Food Bank	2500	118,448	331,655
		Harvesters - the Community Food Network	1500	71,069	402,724
		Central Missouri Food Bank	600	28,428	431,152
		Ozarks Food Harvest	500	23,690	454,842
		America's Second Harvest of Greater St. Joseph	400	18,952	473,794
<b>Budget Total</b>			<b>10,000</b>	<b>526,400</b>	

Per Caseload Rate =	\$52.64	9.99% Per cent retained by SA
Caseload	10,000.00	\$47.38 Per caseload rate provided to contractors
Max program funds	\$526,400	\$3.95 Per month per caseload rate to contractors

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